

Fontana Aquatics Club

May 8 - 14, 2023

www.fontanaaquatics.org

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------|--|--|-------------------|--|--|--|---------------|
| | May 8 | May 9 | May 10 | May 11 | May 12 | May 13 | May 14 |
| Senior Elite | 4:30-4:50pm dry land 5:00-7:00pm swim | 4:40-5:20pm dry land 5:30-7:00pm swim | SSDL individually | 4:40-5:20pm dry land 5:30-7:00pm swim | 4:30-4:50pm dry land 5:00-7:00pm swim | 11am-1:30pm LCM practice at Crafton Hills College SSDL individually | |
| Senior | 4:45-6:15pm swim 6:15-7:00 dryland | 5:00-5:30pm dryland 5:30-7:00pm swim | 5:30-7:00pm swim | 5:00-6:00pm swim 6:00-6:30pm dryland | 5:00-5:30pm dryland 5:30-7:00pm swim | 11am-1:30pm LCM practice at Crafton Hills College | |
| Senior Fit | | 4:00-5:30pm swim | 5:00-6:30pm swim | 4:00-5:30pm swim | | SCY Meet in HEMET | |
| Junior Elite | 4:30-4:50pm dry land 5:00-7:00pm swim | 4:40-5:20pm dry land 5:30-7:00pm swim | SSDL individually | 4:40-5:20pm dry land 5:30-7:00pm swim | 4:30-4:50pm dry land 5:00-7:00pm swim | 11am-1:30pm LCM practice at Crafton Hills College SSDL individually | |
| Junior + Advanced | | 4-4:30pm dryland 4:30-5:30pm swim | 4:00-5:30pm swim | 4:00-5:00pm swim 5:00-5:30pm dryland | 4:00-5:30pm swim | SCY Meet in HEMET or 11am-1:30pm LCM practice at Crafton Hills College | |
| Senior Development | 5:30-6:15pm dryland 6:15-7:00pm swim | | 5:30-6:30pm swim | 5:30-6:00pm dryland 6:00-7:00pm swim | 5:30-6:30pm swim | SCY Meet in HEMET | |
| Junior Development | 4:00-5:00pm Swim | | 4:00-5:00pm swim | | 4:00-5:00pm swim | SCY Meet in HEMET | |

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| Pre Team | 6:30-7:00pm Sharks 7:30-8:00pm Sea Lions 7:30-8:00 Narwhals | 6:30-7:00pm Starfish | 6:30-7:00pm Sharks 6:30-7:00pm Starfish 7:30-8:00pm Sea Lions 7:30-8:00 Narwhals | 6:30-7:00pm Starfish | 6:30-7:00pm Sharks 7:30-8:00pm Sea Lions 7:30-8:00 Narwhals | | |
| Senior Pre Comp | 6:00-6:30pm Dolphins 7:00-7:30pm Swordfish | 6:00-6:30pm Seals | 6:00-6:30pm Dolphins 6:00-6:30pm Seals 7:00-7:30pm Swordfish | 6:00-6:30pm Seals | 6:00-6:30pm Dolphins 7:00-7:30pm Swordfish | | |
| Junior Pre Comp | 5:30-6:00pm Whales 7:00-7:30pm Stingrays | 5:30-6:00pm Otters | 5:30-6:00pm Whales 5:30-6:00pm Otters 7:00-7:30pm Stingrays | 5:30-6:00pm Otters | 5:30-6:00pm Whales 7:00-7:30pm Stingrays | | |